



England

# Net Zero Food Update

NHS England

09.09.25

Presented by:  
**Max Kindred**





# Net Zero Targets

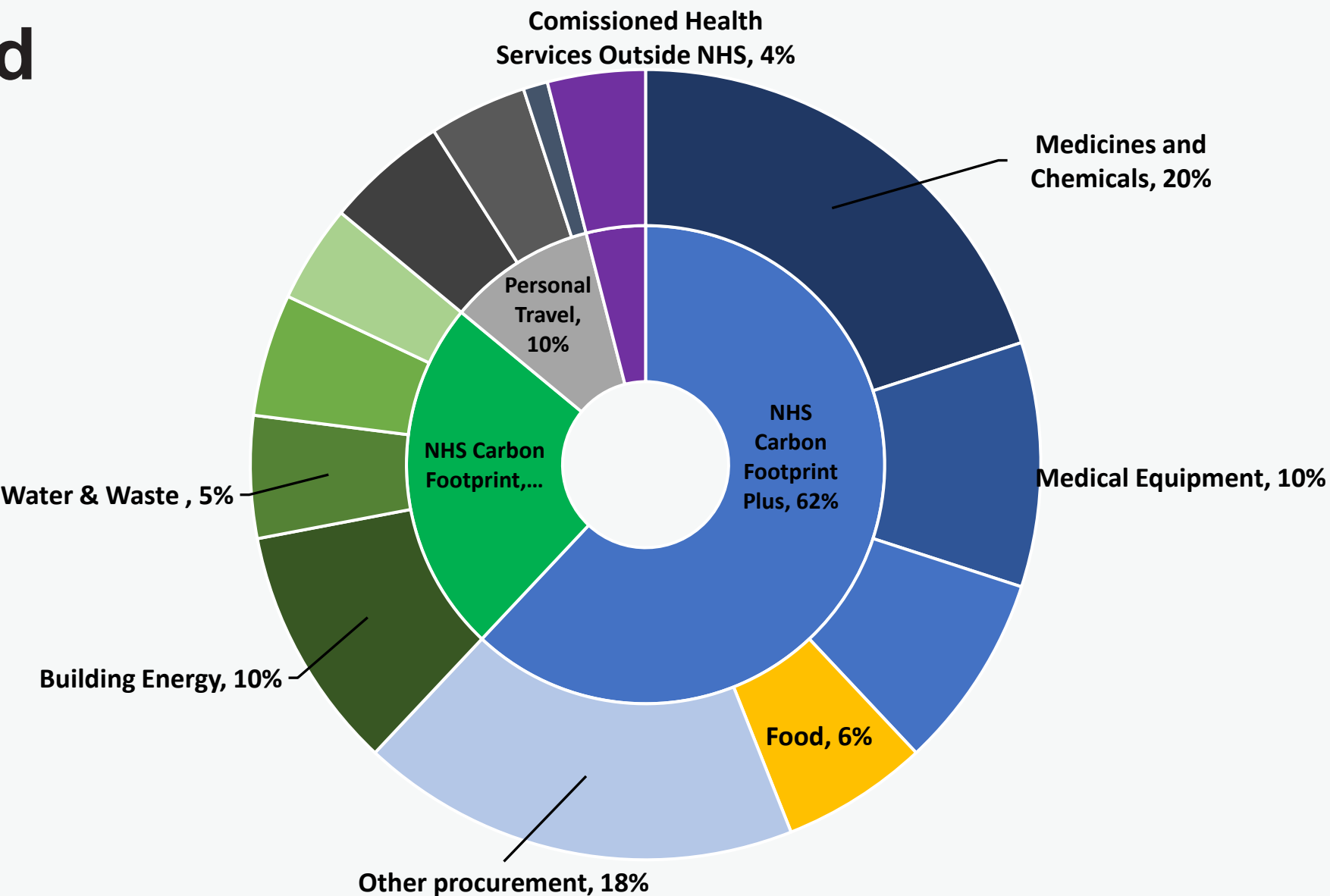
The NHS has ambitious net zero targets. How do we get there for food and food preparation in the NHS?

Be net-zero by 2045 for the supply chain, with an ambition for an 80% reduction by 2036 to 2039

What does the national picture show?

What steps are hospitals already taking and having success?

# Why food





# Driving Action

The NHS is driving action on reduction of carbon emissions from food through

1. Minimising food waste
2. Increase in healthier, and lower carbon meals



# Net zero actions

## Food waste

Measure it

Get control of your meal ordering and be flexible

Serve the right amount of food at the right time in a way that is appetising

Target the right interventions, different service types should see different types of waste



# Net zero actions


## Healthier, and lower carbon meals

Reduction and where possible removal of processed meat

Blend in beans and pulses into high carbon dishes

As a minimum follow the BDA one-blue dot guidance on menu design

Employ nudges in menu and retail design

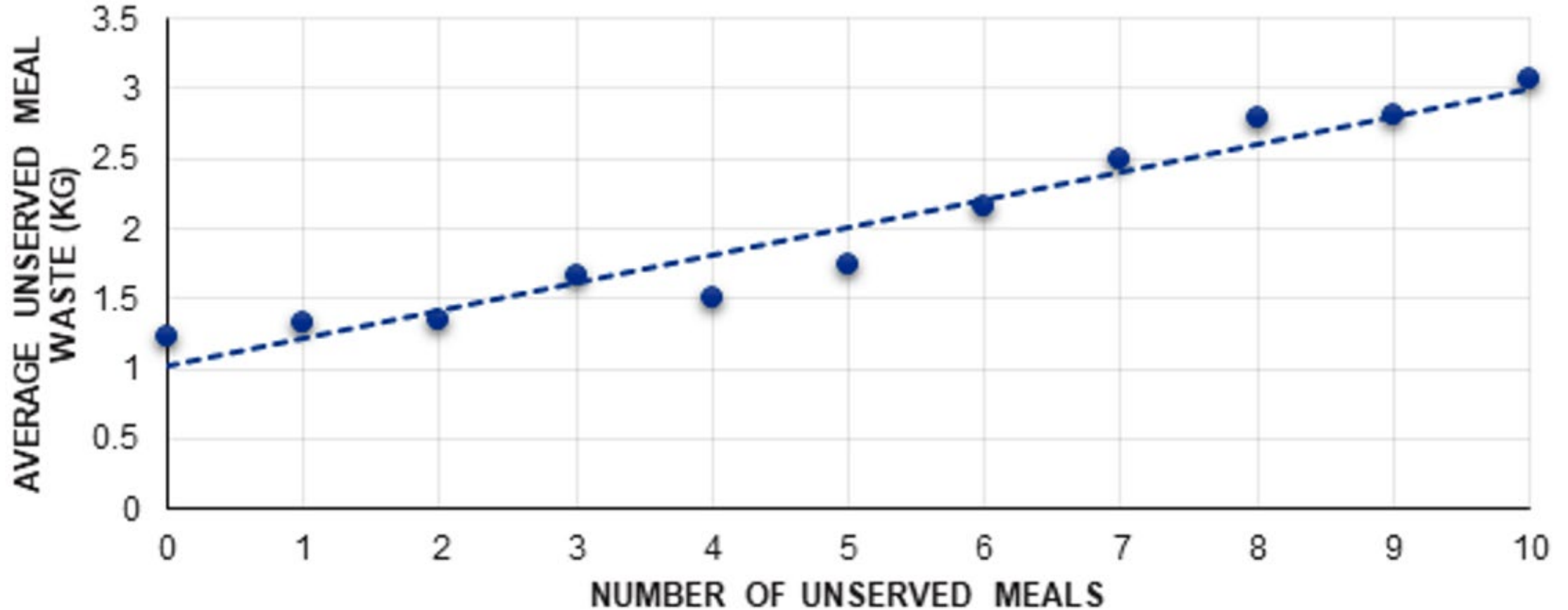


The amount of food waste generated by  
hospitality and food service sector, as a  
percentage of the amounts of food  
purchased, is 18%

**WRAP, 2025**

# National Data

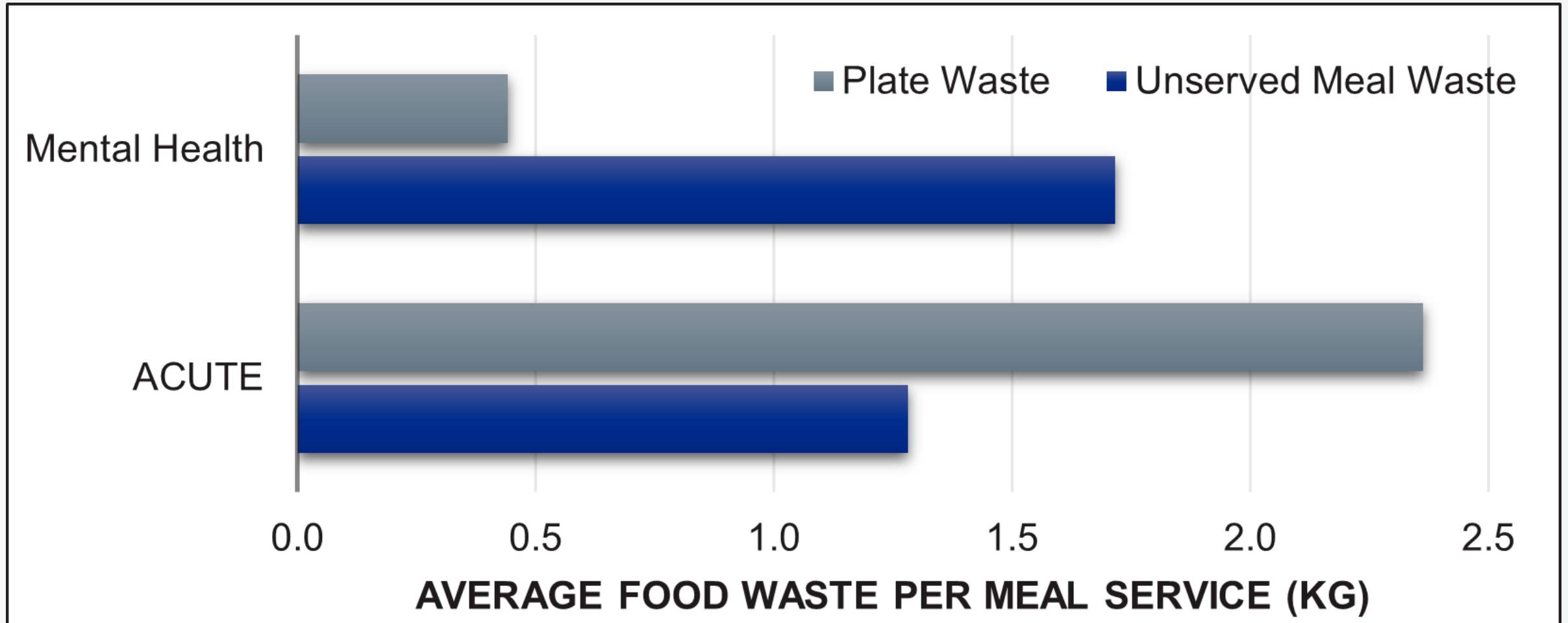
Food Waste – More unserved meals = more food waste





# National Data

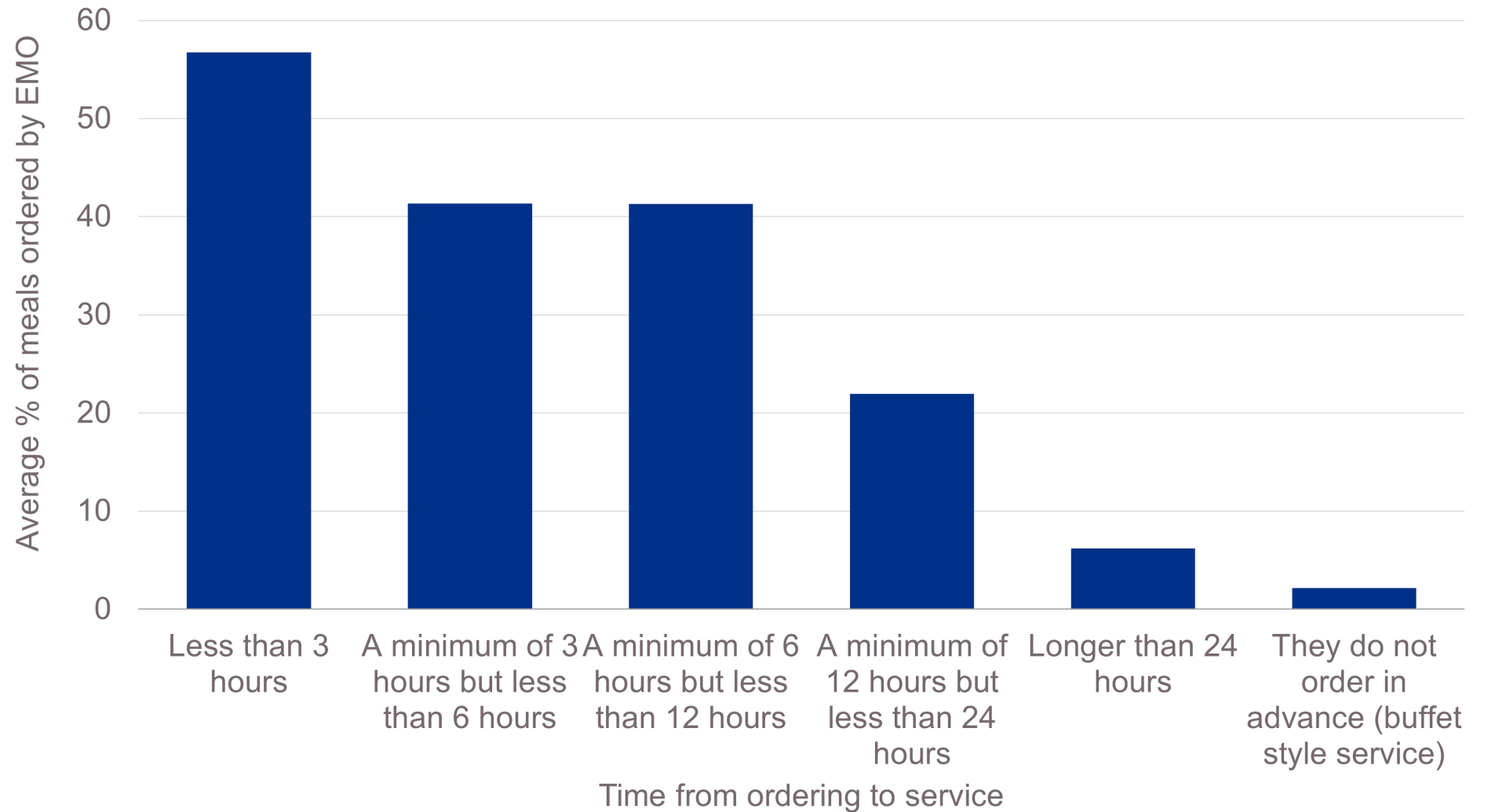
Food Waste - Acute = more plate, MH = more unserved



# National Data

## Food Waste

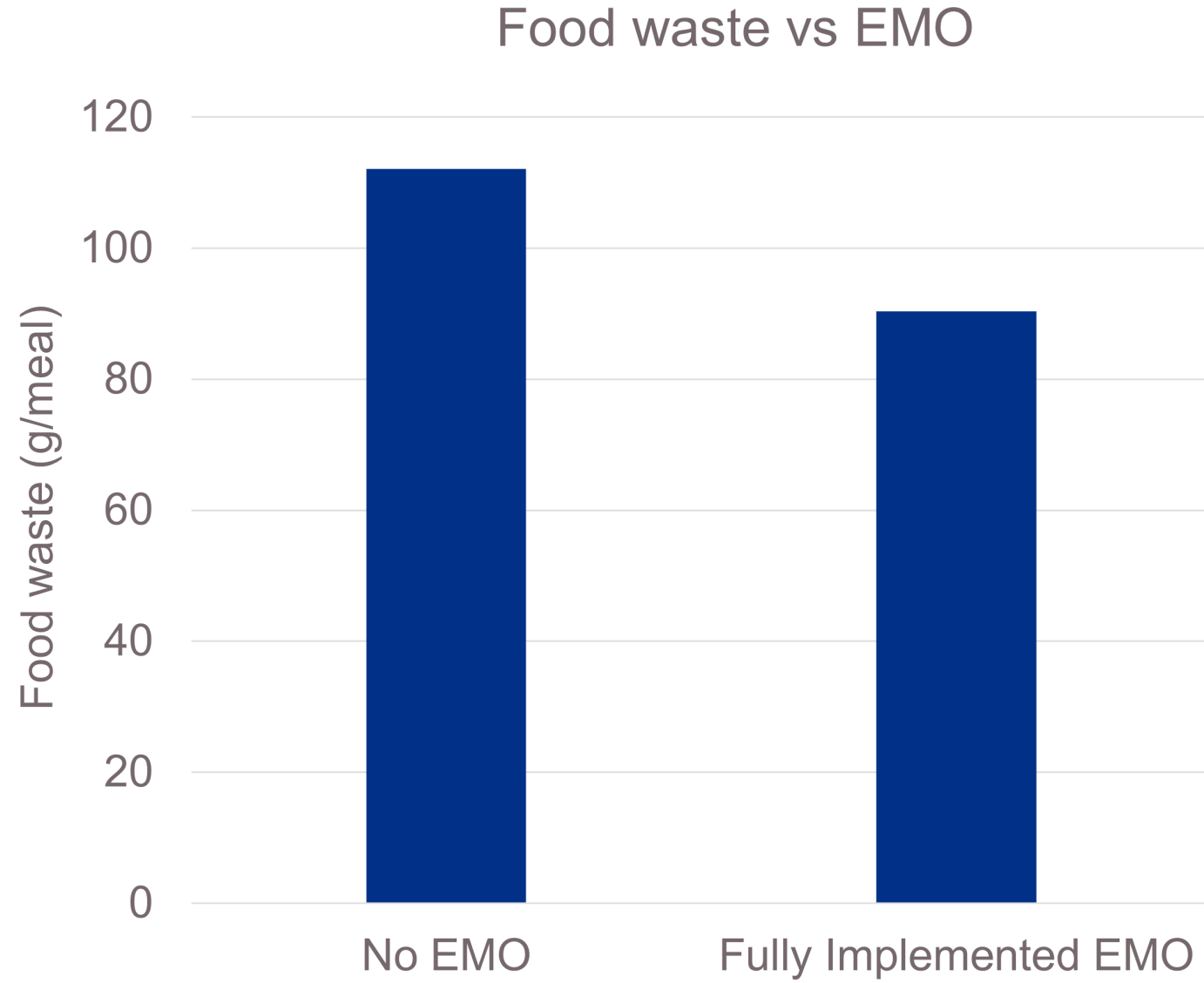
Meals ordered by EMO are likely to be ordered closer to service



# National Data

## Food Waste

**Sites with EMO have  
20% less overall food  
waste**



# Case study

## Food Waste

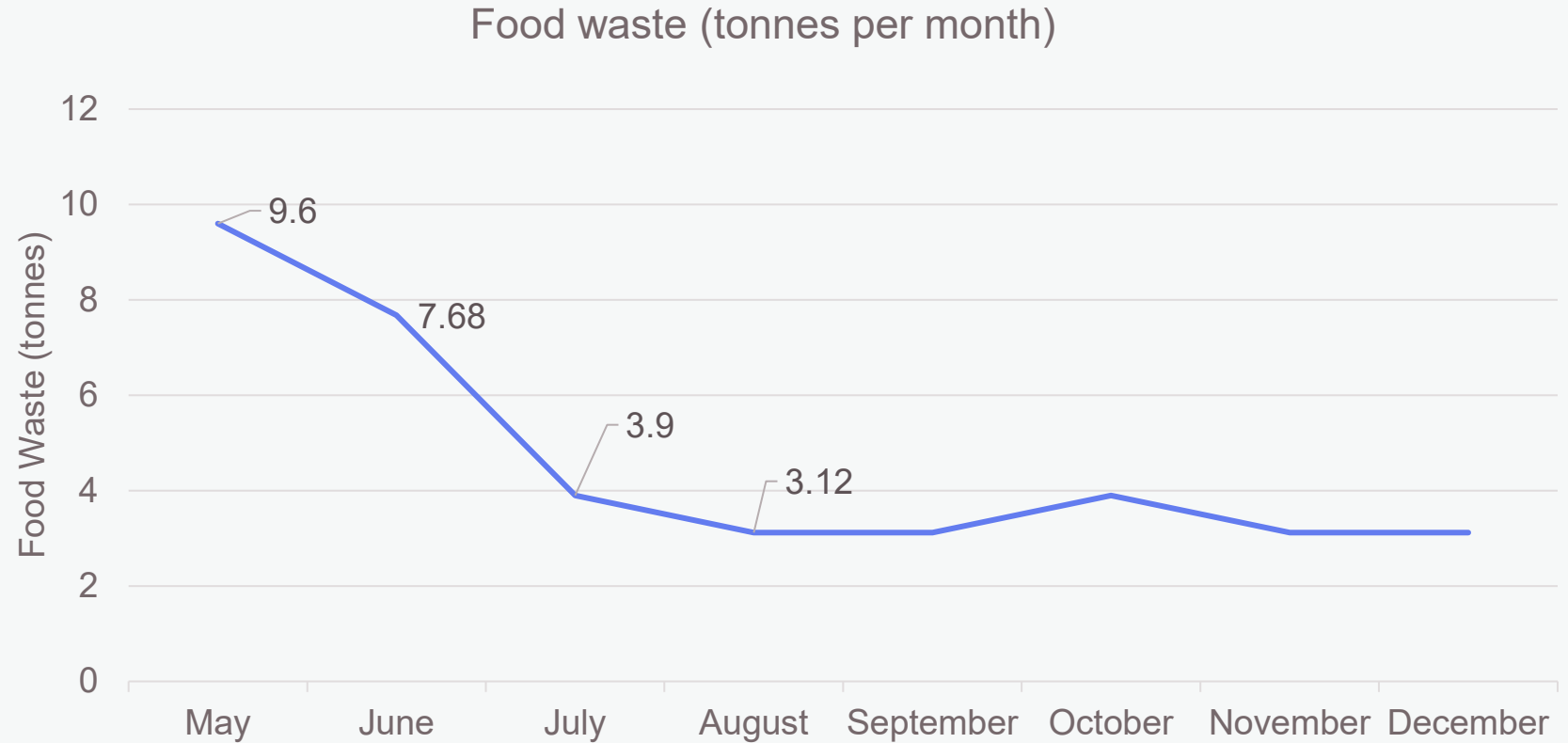
Restaurant quality  
blue crockery =  
15% less plate  
waste  
20% more empty  
plates



# Case study

## Food Waste

**Hospital X  
controlled their  
meal ordering led  
to 2/3<sup>rd</sup> reduction  
in food waste**



# Recipes

- Source of inspiration
- Allows for design of local and seasonal menus
- Using recipes from NHS Chef
- Single recipe swaps
- 11 Chilli's
- 7 Lasagnes



## Beef Chilli, Lentils & Rice

Spice up your mealtime with our Beef Chilli, Lentils & Rice. Packed with protein and fibre this dish ensures a satisfying and nutritious dining experience.

**Each serving:** 353Kcal | 335g | CO2 rating: C | Water usage: 8953L



## Turkey Chilli with Kidney Beans

Spice up your menu with our Turkey Chilli. This hearty dish combines flavourful turkey with kidney beans offering chefs a protein-packed and satisfying option.

**Each serving:** 322Kcal | 385g | CO2 rating: C | Water usage: 571L



## Plant-based Chilli & Beans

Enjoy a meatless delight with our Quorn Chilli & Beans. This dish features Quorn for protein, paired with beans and a savoury chili sauce for a wholesome and flavourful meal.

**Each serving:** 300Kcal | 344g | CO2 rating: B | Water usage: 5797L



## Quorn & Lentil Chilli with Kidney Beans

Enjoy a meatless delight with our Quorn and Lentil Chilli with Kidney Beans and Rice. This dish features Quorn, protein-packed lentils and kidney beans in a savoury chilli sauce, served over fluffy rice.

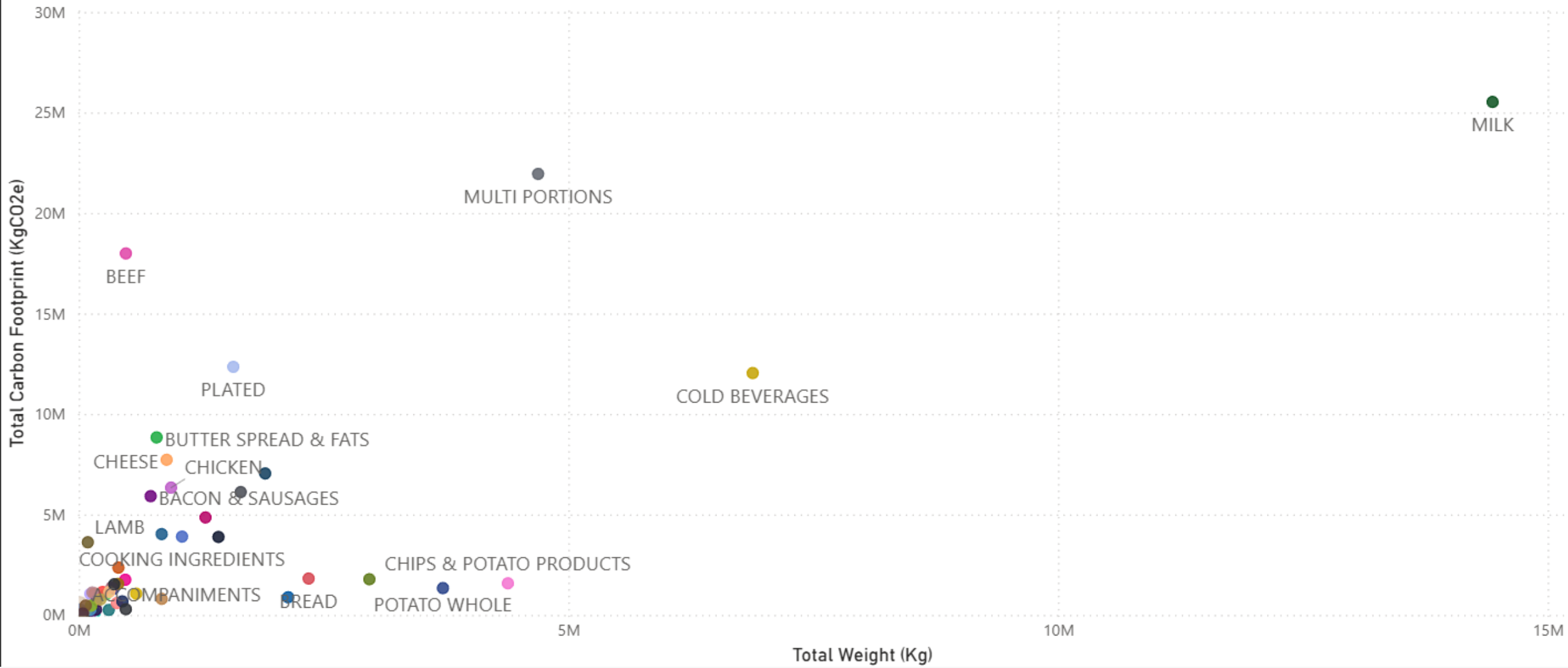
**Each serving:** 265Kcal | 318g | CO2 rating: B | Water usage: 523L



## Turkey Chilli with Kidney Beans & Lentils

Spice up your dinner routine with our Turkey Chilli. This hearty mix of turkey, kidney beans and lentils ensures a satisfying, protein-rich meal.

**Each serving:** 357Kcal | 478g | CO2 rating: C | Water usage: 757L



# 13 food interventions

## Product

Beef (minced) to lentils



Beef (diced) to Mycoprotein e.g. Quorn  
Beef (diced) to plant based alternative e.g. Eat Curious  
Beef (diced) to wild venison (diced)  
Beef (minced) to lentils  
Beef (minced) to Mycoprotein e.g. Quorn  
Beef (minced) to plant-based alternative e.g. Eat Curious  
Beef (minced) to turkey mince  
Beef (minced) to wild venison mince and lentils  
Beef rump to turkey breast  
Butter to margarine  
Milk to plant-based milk  
Raspberries (greenhouse) to apples  
Raspberries (greenhouse) to frozen





# Case study


Low carbon meals

Large acute

UHMB reduced  
trust-wide carbon  
by 18% and costs  
by 10%

**University Hospitals of Morecambe Bay NHS Foundation Trust's post**


University Hospitals of Morecambe Bay NHS Foundation Trust  

3 April · 

🌟 5 star review for the RLI Catering team 🌟

"All I can say about the hospital food is wow!"

If you have feedback about one of our services or teams that you'd like to share, please let us know:  
<https://www.uhmb.nhs.uk/get-in.../complaints-and-compliments>



**We are UHMBT**  
Together, we are creating a great place to be cared for and a great place to work.

**NHS**  
University Hospitals of  
Morecambe Bay  
NHS Foundation Trust

**5 Star Review**

**To: RLI Catering**

★★★★★

All I can say about the hospital food is wow! They really go the extra mile to make sure the food you get is of high quality and no request is too much to ask. If there is something not to your liking, just tell them and it was sorted quickly and without any fuss.

Share your feedback: [uhmb.nhs.uk/your-feedback](https://www.uhmb.nhs.uk/your-feedback)

# Case study

Low carbon meals

Small hospital

Mildmay reduced carbon on the menu by 18% and food waste by 30%

## WINTER MENU ECO-FRIENDLY AND SEASONAL



**NHS**  
Mildmay Mission Hospital

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	 Winter vegetable <b>v</b>	 Tomato and red pepper	 Cauliflower, broccoli and potato <b>v</b>	 Curried carrot and butterbean	 Butternut squash and lentil	 Creamy Irish potato	 Parsnip and sweet potato
VEGETARIAN MAIN	 Mince quorn and bean chilli with rice <b>VSEP</b>	 Cauliflower macaroni cheese pasta <b>VE</b>	 Vegetable curry and raita with rice <b>S</b>	 Creamy mushroom stroganoff with pasta <b>VS</b>	 Herby falafel with ratatouille with new	 Vegetable Singapore noodles <b>v</b>	 Quorn and vegetable casserole with mash
MEAT MAIN	 Chicken massaman curry with rice <b>E</b>	 Smoked haddock and cheese omelette and spicy potato wedges <b>EP</b>	 Sweet and sour chicken with rice	 Beef and lentil Bolognese with spaghetti	 Chicken chasseur with new potatoes	 Tuna and broccoli pasta bake <b>S</b>	 Shin beef and vegetable pie with mash
DESSERT	 Winter fruit crumble with custard <b>v</b>	 Ginger cake	 Blueberry flapjacks	 Raspberry brownies	 Carrot cake	 Apple cake	 Strawberry Cheesecake





# Nudges

1. Defaulting to plant-based options dramatically increases their uptake ▼
2. Increasing the ratio of plant-based to meat options increases the plant-based take rate ▼
3. Changing the order, location, and serving method of vegetables in a buffet can increase their take rates, and decrease the take rates of meat ▼
4. Items listed first or last on a menu are more likely to be ordered ▼
5. Integrating vegetarian items into the main menu increases their popularity ▼
6. Diners eat more vegetables when the dish name emphasizes flavor rather than health ▼
7. Sales of plant-based food items increase when they are not prominently labeled as “vegetarian” or “vegan” ▼

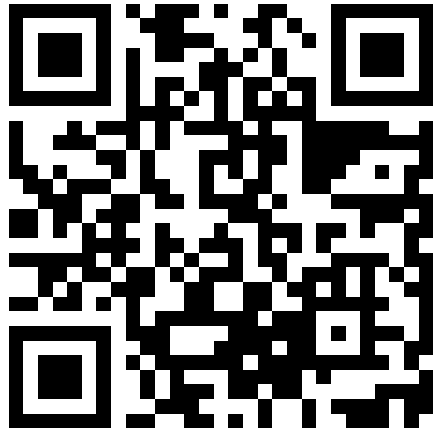






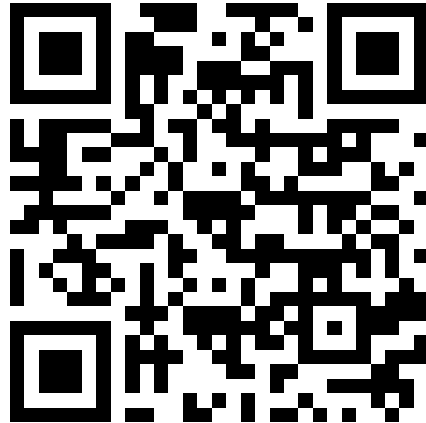


Royal Surrey
Starter
Venison Bao Buns, Blackberry BBQ Sauce, Celeriac & Apple Slaw
Mains
Gnocchi with Hake, Granola & Cherry Tomato Sauce
Lentil Patty, Roast Potato, Celeriac Fondant, Mushroom Gravy
Dessert
Tiramisu



NHS Recipe Bank

**[england.greatnhsfood@nhs.net](mailto:england.greatnhsfood@nhs.net)**



NHS OKTA (NHS only)

**[england.co-engagement@nhs.net](mailto:england.co-engagement@nhs.net)**



Food Waste Guidance

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## Thank You



**@nhsengland**



**company/nhsengland**



**england.nhs.uk**